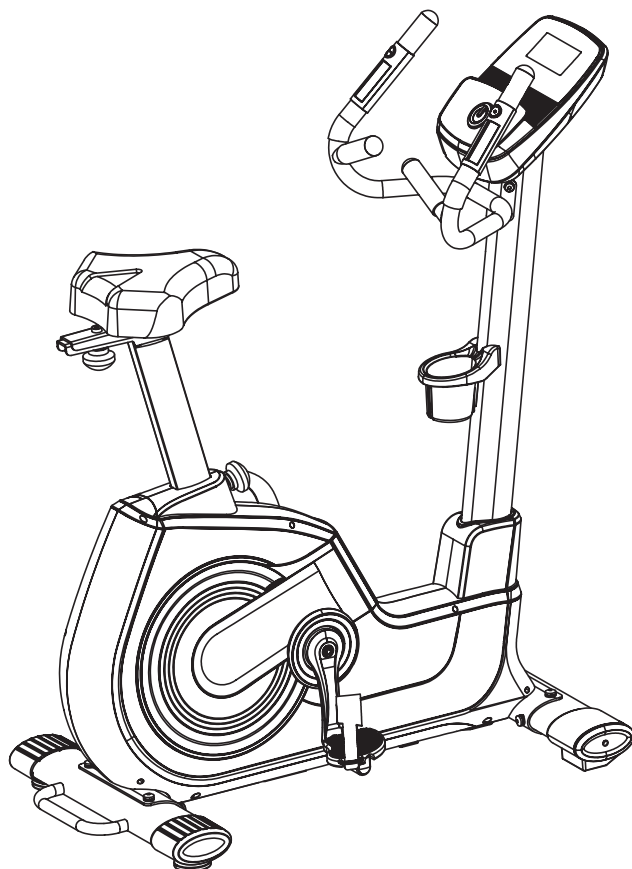




EXC-100 Commercial Exercise Bike

USER MANUAL



Find the
Digital Manual
Online



Read all instructions carefully before using this product. Retain this owner's manual for future reference.

! IMPORTANT

All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your threads and void your warranty.

NOTE:

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at www.lifespanfitness.com.au



TABLE OF CONTENTS

- I. Important Safety Instructions 03
- II. Care Instructions 04
- III. Exploded Diagram 05
- IV. Parts List 06
- V. Assembly Instructions 07
- VI. How to Guide 13
- VII. Computer Operation 14
- VIII. Exercise Guide 20
- IX. Warranty 22

I. IMPORTANT SAFETY INSTRUCTIONS



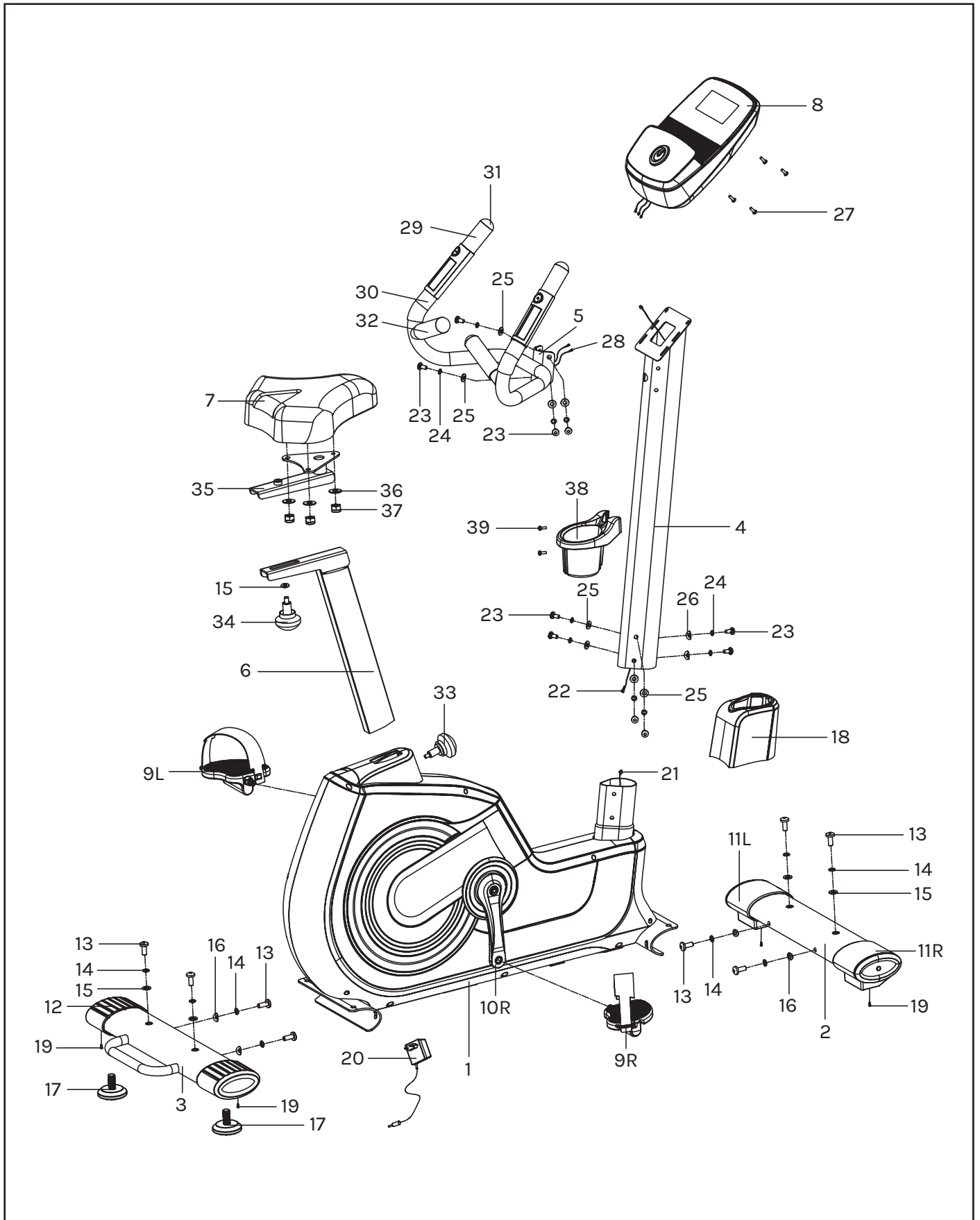
Note the following precaution before assembling and operating the machine.

1. Assemble the machine exactly as the descriptions in the instruction manual.
2. Check all the bolts, nuts, and other connections before using the machine for the first time to ensure the machine is in the safe condition.
3. Set up the machine in a dry level place and keep it away from moisture and water.
4. Place a suitable base (e.g., rubber mat, wooden board etc.) beneath the machine in the area of assembly to avoid dirt.
5. Before beginning the training, remove all objects within a radius of 2 meters from the machine.
6. Do not use aggressive cleaning articles to clean the machine. Only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting (Pulse. Watts. Duration of training etc) to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
8. Only do training on the machine when it is in correct working way. Use only original spare parts for any necessary repairs.
9. This machine can be used for only one person's training at a time.
10. Wear training clothes and shoes that are suitable for fitness training with the machine. Your training shoes should be appropriate for the trainer.
11. If you have a feeling of dizziness, sickness, or other abnormal symptoms, please stop training and consult a doctor immediately.
12. People such as children and handicapped persons should only use the machine in the presence of another person who can give aid and advice.
13. The power of the machine increases with increasing the speed, and the reverse. The machine is equipped with adjustable knob that can adjust the resistance.

II. CARE INSTRUCTIONS

- All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**
- Lubricate moving joints with grease after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

III. EXPLODED DIAGRAM



IV. PARTS LIST

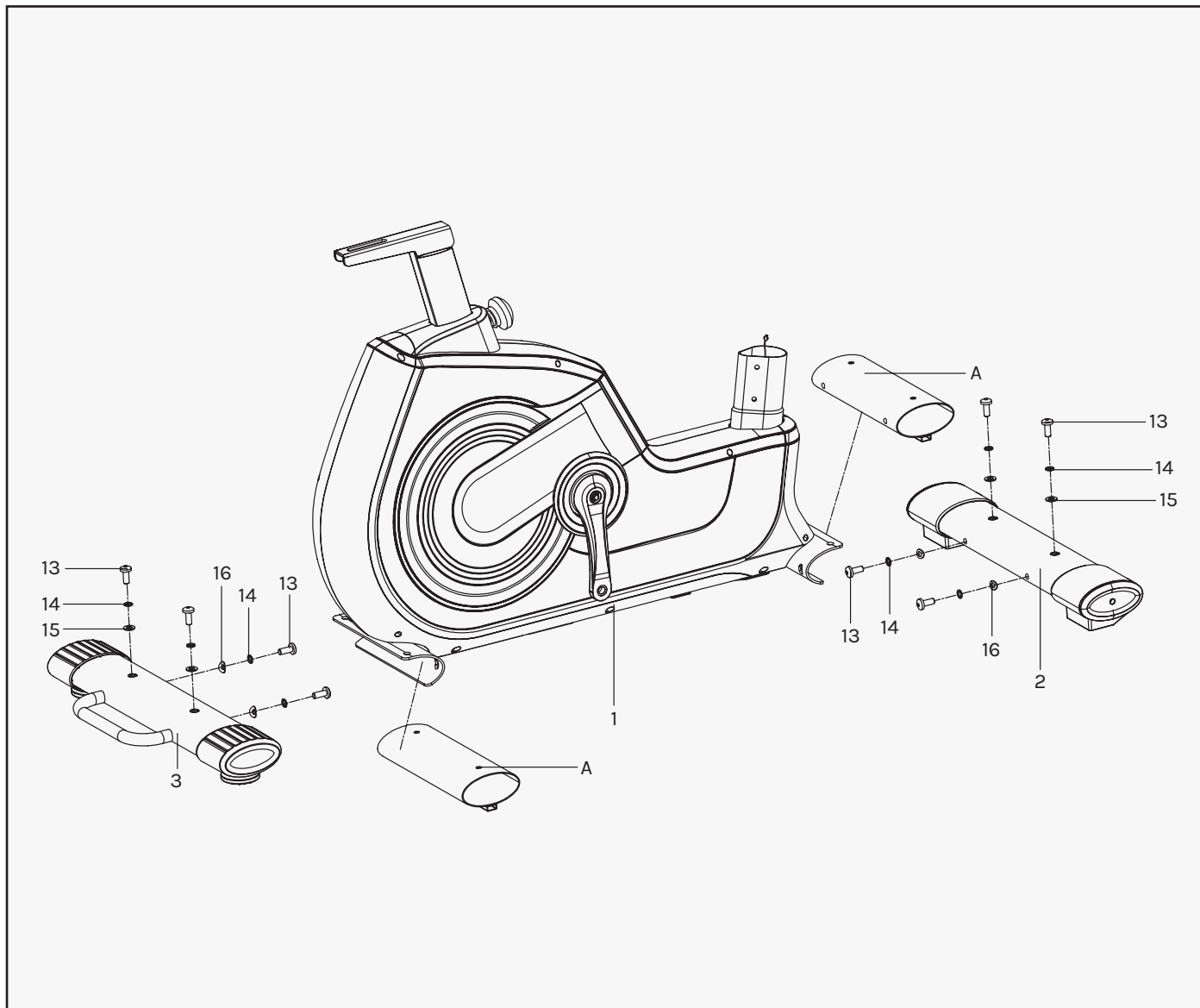
No.	Description	Qty	No.	Description	Qty
1	Main Frame	1	21	Sensor Wire	1
2	Front Stabilizer	1	22	Extension Sensor Wire	1
3	Rear Stabilizer	1	23	Inner Hex Screw M8*16	10
4	Handlebar Post	1	24	Spring Washer D8	10
5	Handlebar Connection	1	25	Flat Washer D8*D19*2	8
6	Saddle Post	1	26	Arc washer D8.2*Φ20*2	2
7	Saddle	1	27	Cross Screw	4
8	Console	1	28	Handlebar Pulse Wire	2
9L/R	Pedal	1PR	29	Foam Grip 1	2
10L/R	Crank	1PR	30	Foam Grip 2	2
11L/R	Front End Cap	1PR	31	Round End Cap	4
12	Rear End Cap	2	32	Foam Grip 3	2
13	Inner Hex Screw M10*25	8	33	Pop-pin Knob	1
14	Spring Washer D10	8	34	Knob	1
15	Flat Washer D10*D20*2	5	35	Adjustable Connector	1
16	Arc Washer D10*Φ25*2	4	36	Flat Washer D8	3
17	Adjustable Pad	2	37	Nylon Nut M8	3
18	Mast Cover	1	38	Bottle Bracket	1
19	Cross Screw ST4.2*18	4	39	Cross Screw M5*20	2
20	Power Adapter	1			

V. ASSEMBLY INSTRUCTIONS



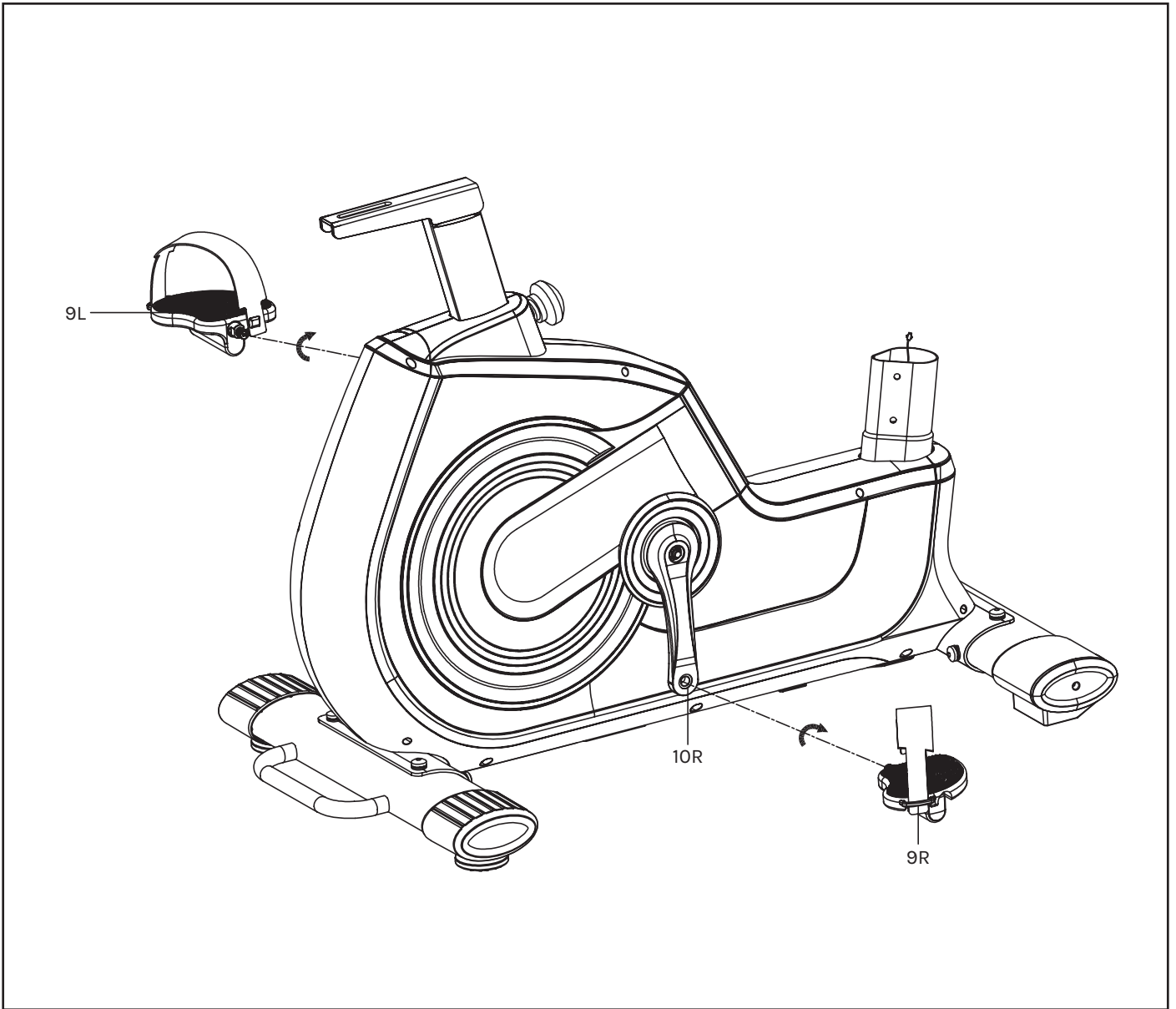
ATTENTION:

Please follow these assembly instructions step by step to assemble this bike.



STEP 1

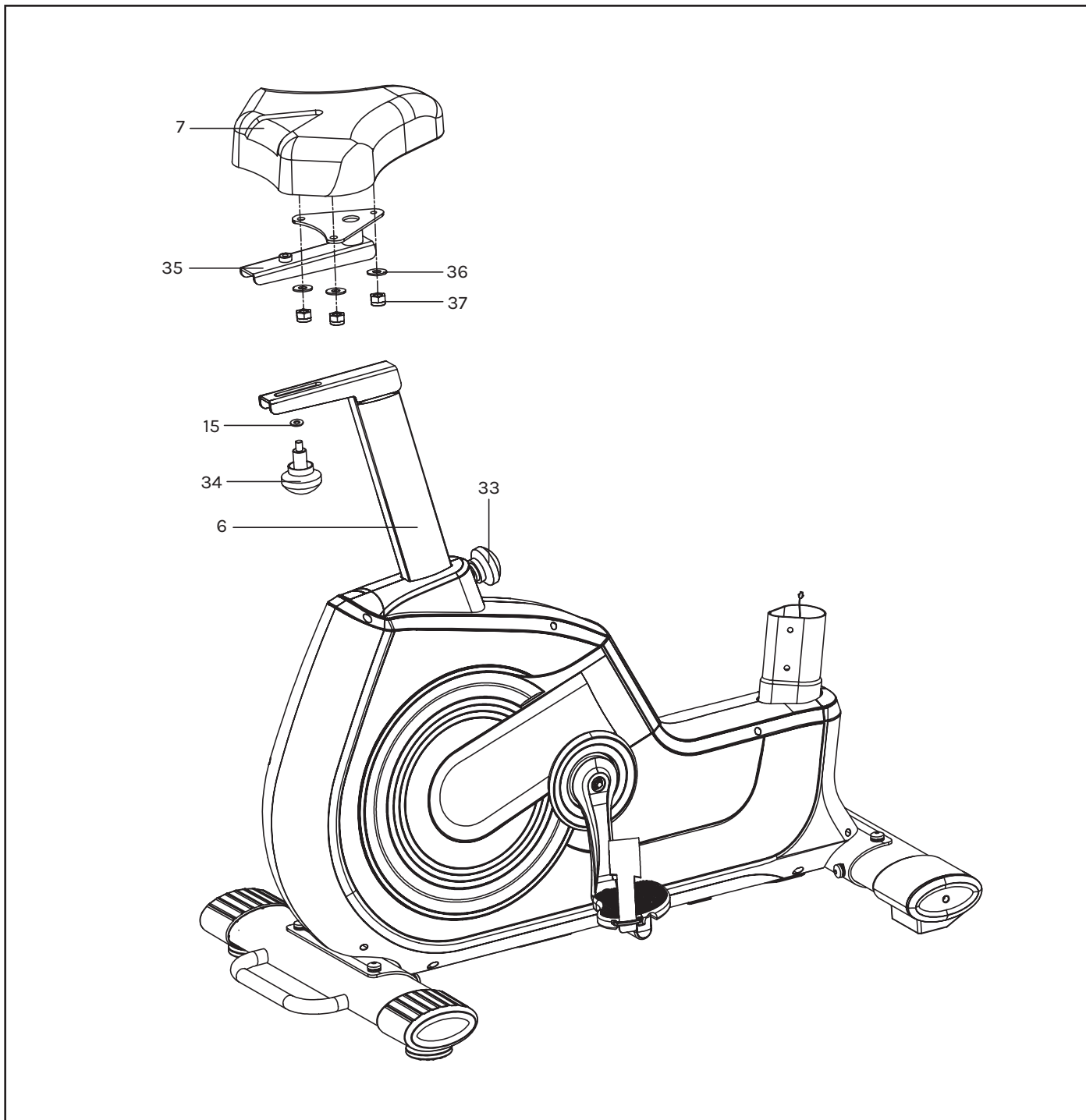
1. Take off the packing fixed tube (A) from the main frame (1).
2. Fixed the front stabilizer (2) and the rear stabilizer (3) to the main frame (1) with inner hex screw (13) spring washer (14), flat washer (15) and arc washer (16).



STEP 2

1. Install the Pedal (9L/R) to the Crank (10L/R) respectively.

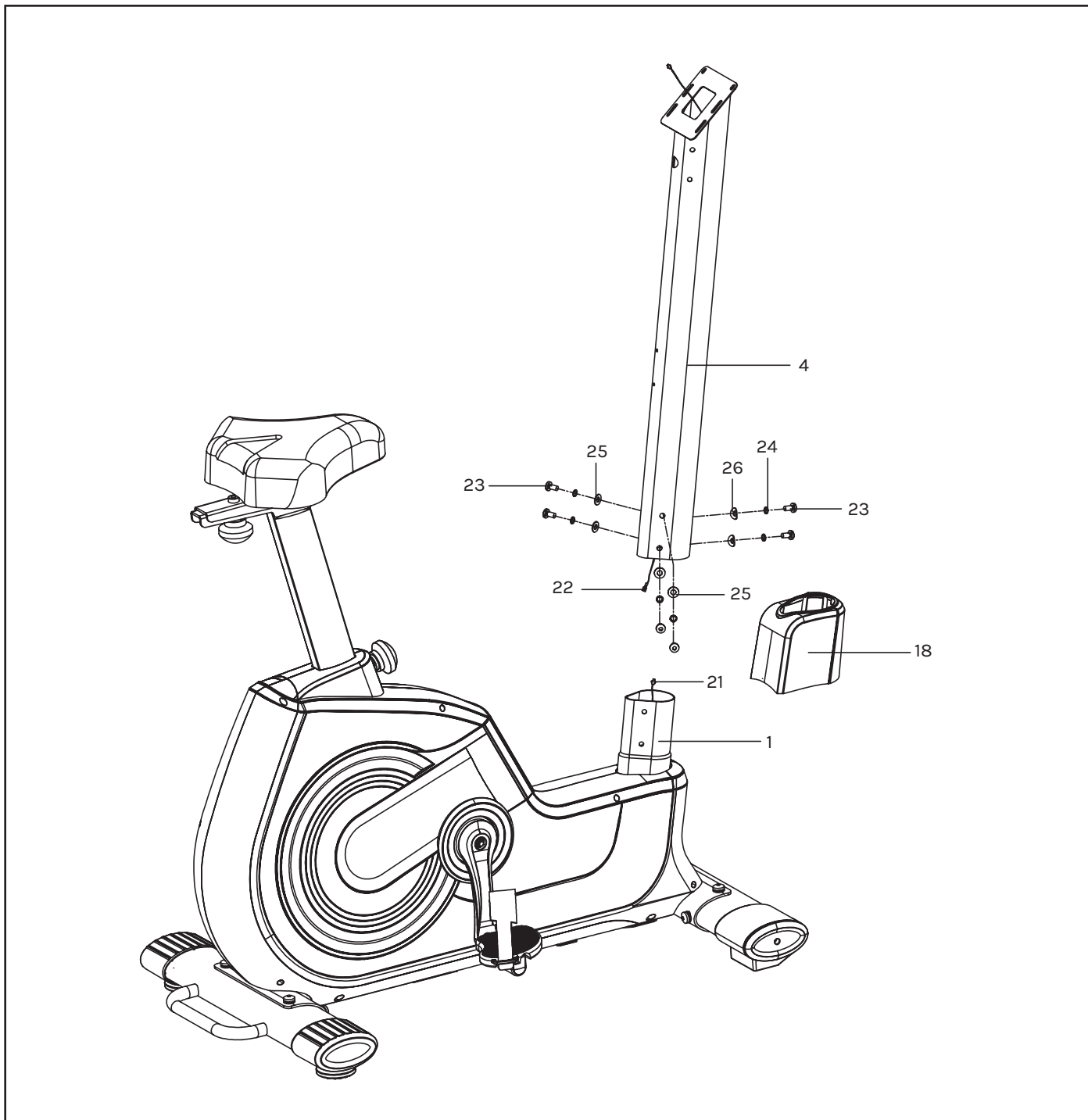
! **NOTE:** Secure the Left Pedal (9L) Anticlockwise and the Right Pedal (9R) Clockwise as shown. Please make sure that the Pedal (9L/R) is fully tightly before use. The pedals should be checked before use and re-tightened as part of maintenance.



STEP 3

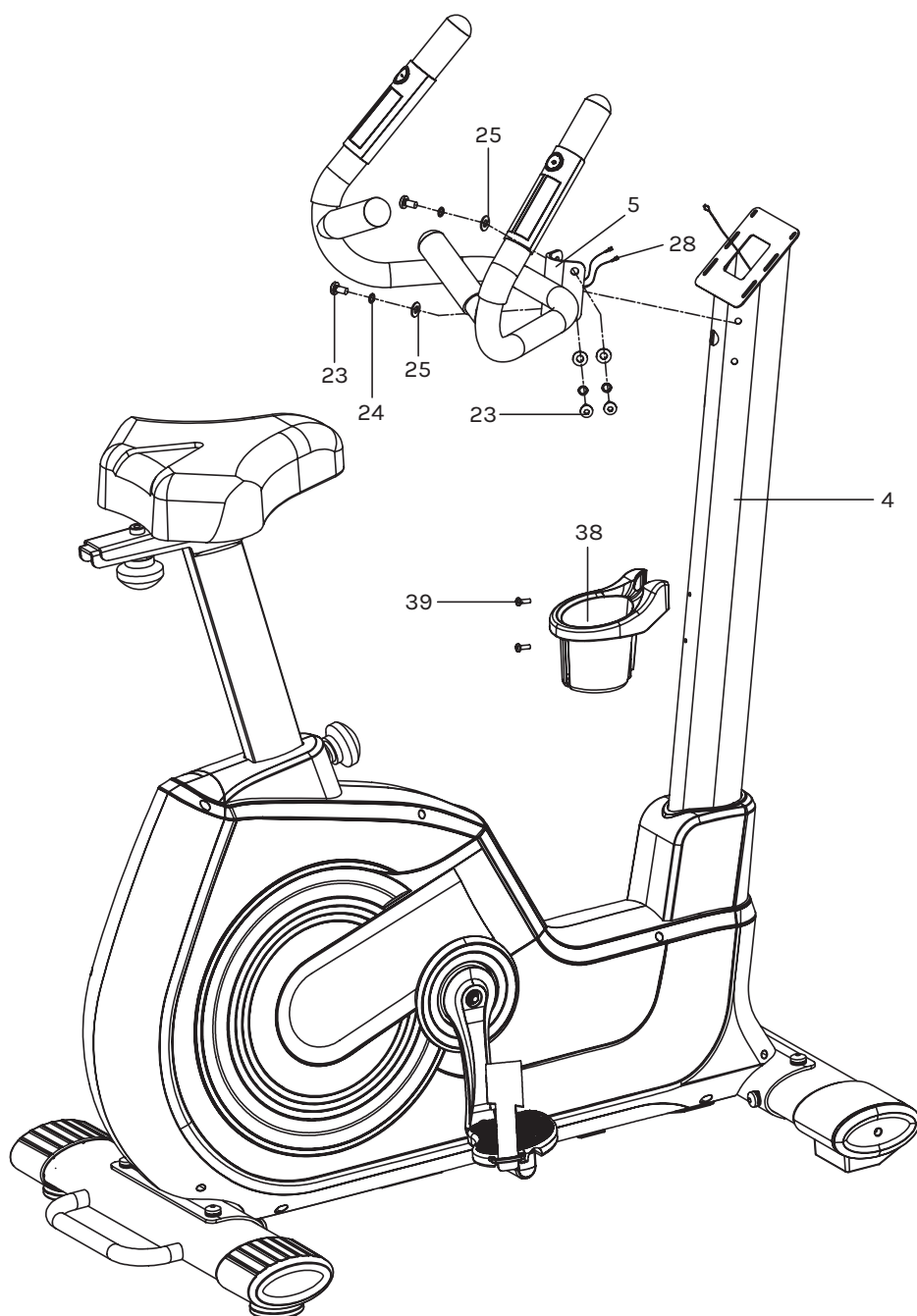
1. Lock the saddle (7) to the adjustable connector (35) with Flat washer (36) and nylon nut (37).
2. Lock adjustable connector (35) to the saddle post (6) tightly with knob (34) and flat washer (15).
When loose the pop-pin knob (33) and knob (34), you can adjust the saddle (7) position (forward and backward/ up and down).

When you find a proper height of saddle, please make sure that the saddle (7) is tightly locked with adjustable connector (35).



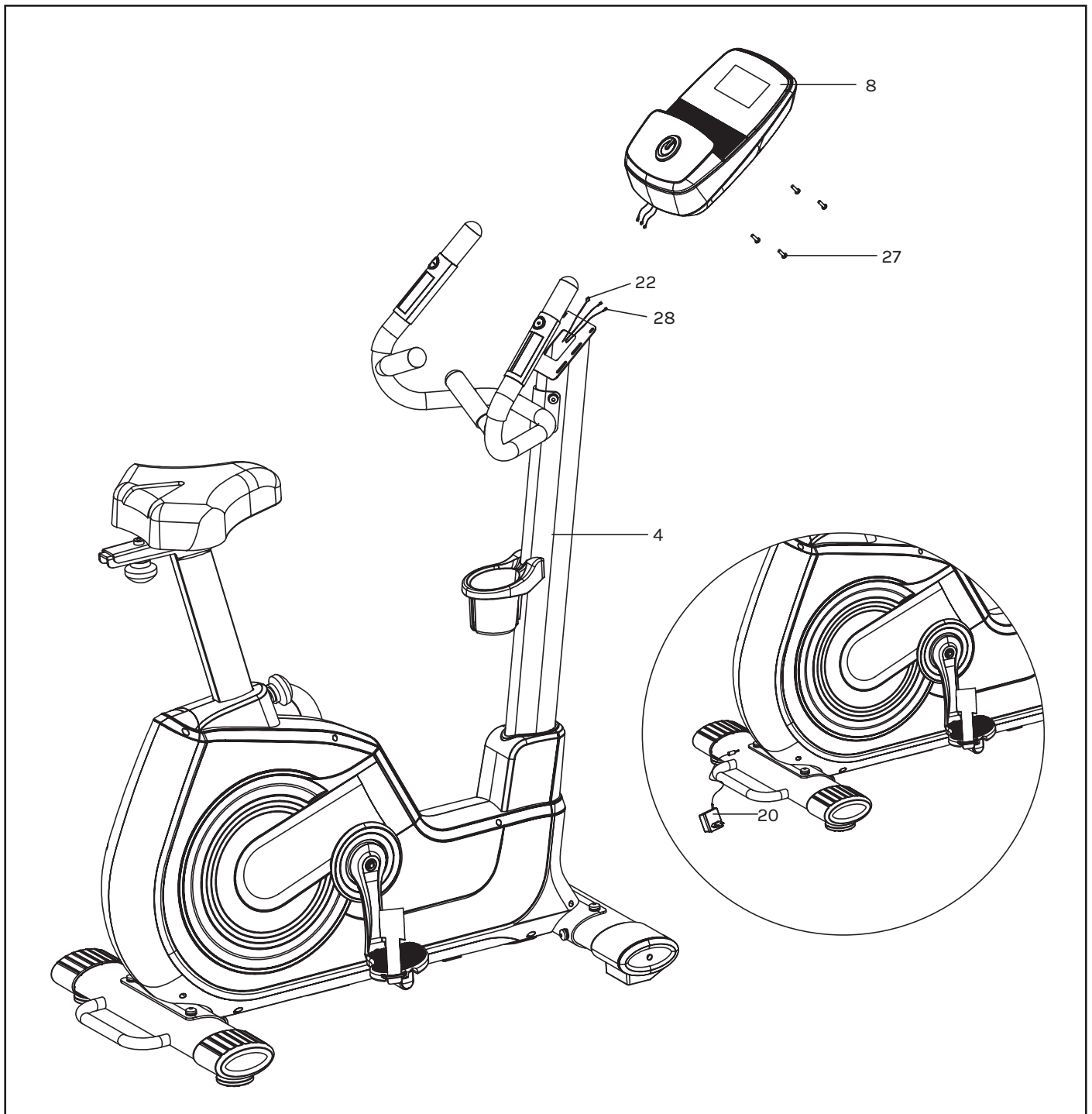
STEP 4

1. Sleeve the mast Cover (18) onto the handlebar Post (4).
2. Connect the Sensor wire (21) and extension Sensor wire (22) well.
3. Lock the handlebar Post (4) onto the main Frame (1) with the inner hex screw (23), spring washer (24), and Flat washer (25) or Arc washer (26) as shown.
4. Finally, sleeve down the Mast cover (18) and fit it in place.



STEP 5

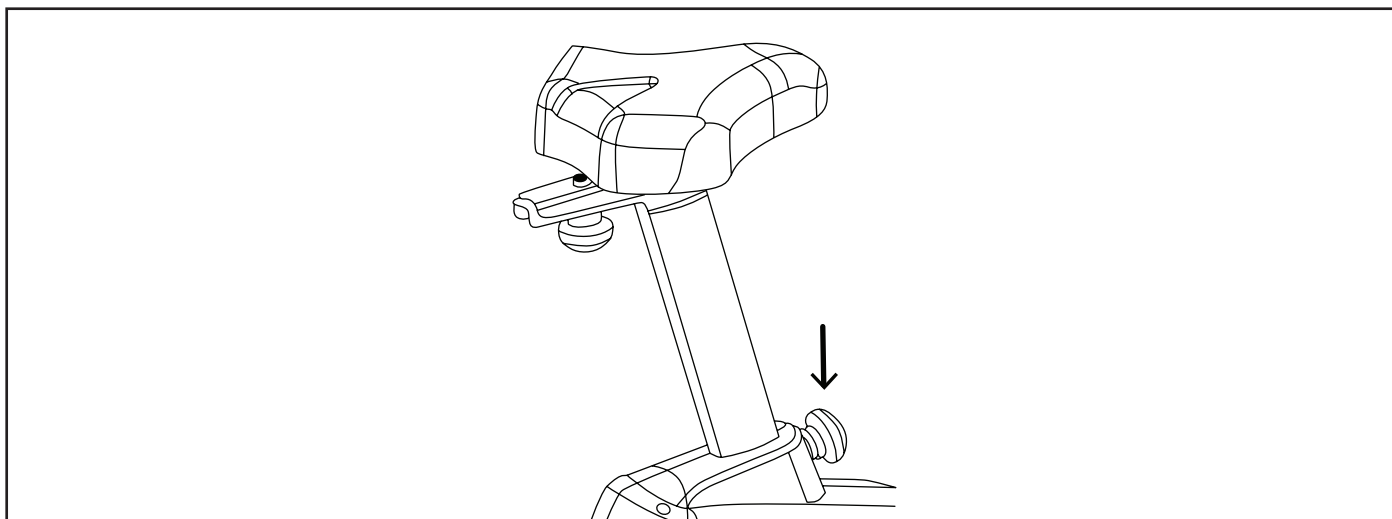
1. Let handlebar pulse wire (28) go through from the hole of handlebar post (4) and out of the hole of computer bracket. Then fix handlebar connection (5) to handlebar post (4) with the inner hex screw (23), Spring washer (24) and Flat washer (25).
2. Lock the bottle bracket (38) to handlebar post (4) with cross screw (39).



STEP 6

1. First, connect the extension sensor wire (22), handlebar pulse wire (28) with console (8) respectively.
2. Then, lock console (8) to handlebar post (4) tightly with cross screw (27).
3. Once all the bolts are tightened, plug the power adapter (20) to the bottom of the back of the exercise bike (near stabiliser feet).

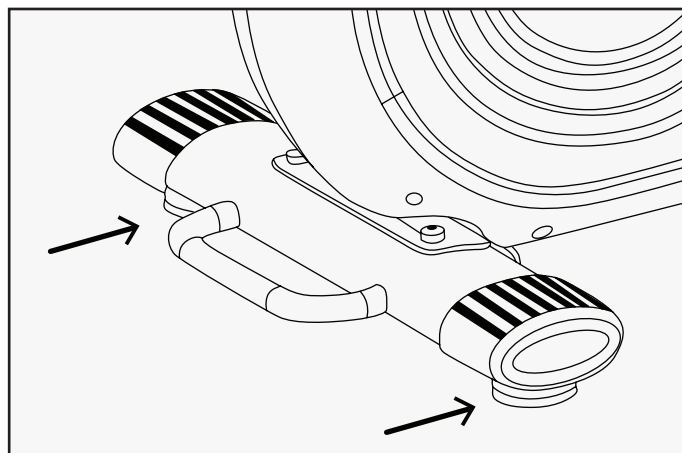
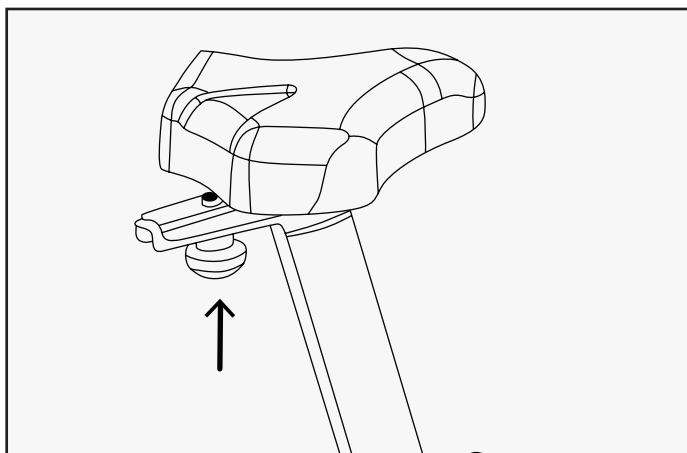
VI. HOW TO GUIDE



Adjusting Seat Height

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the seat post knob a few turns (Counter-clockwise) and pull it outward. Next, slide the seat post upward or downward to the desired position, and release the seat post knob into an adjustment hole in the seat post. Then, tighten the seat post knob (Clockwise). Move the seat post upward or downward slightly to make sure that the seat post knob is engaged in one of the adjustment holes.



Adjusting Horizontal Position of the Seat

To adjust the horizontal position of the seat, loosen (Counter-clockwise) the seat knob under the seat a few turns, move the seat forward or backward to the desired position, and then firmly tighten (Clockwise) the seat knob.

How to Level the Exercise Bike

There is two levelling feet at the back (Part 17). If the exercise bike rocks slightly on your floor during use, turn one or both leveling feet on the rear or front stabilizer clockwise (so it touches the floor) until the rocking motion is eliminated.

VII. COMPUTER OPERATION

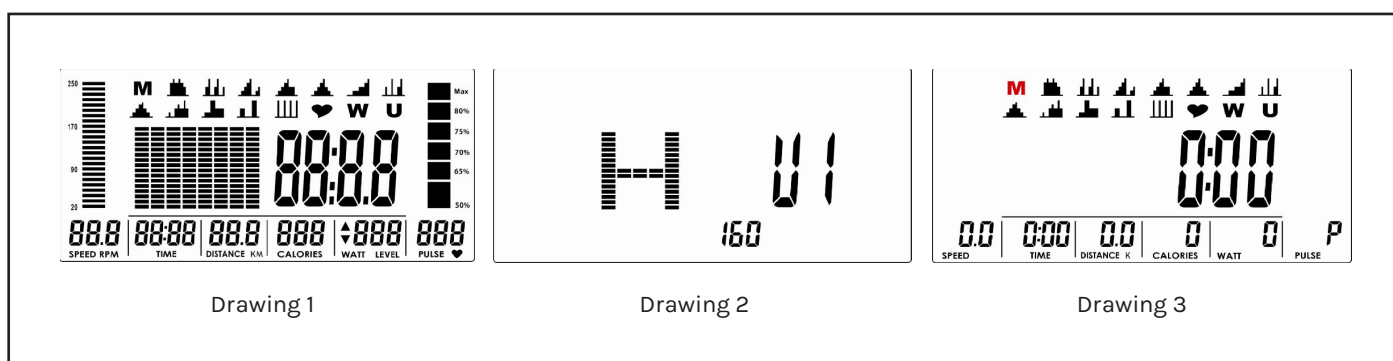
DISPLAY FUNCTION

TIME	<ul style="list-style-type: none">• Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 minute.• Count down - If training with preset Time, Time will count down from preset to 00:00.• Each preset increment or decrement is 1 minute between 00:00 to 99:00.
SPEED	<ul style="list-style-type: none">• Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	<ul style="list-style-type: none">• Displays the Rotation Per Minute. Display range 0~15~999.
DISTANCE	<ul style="list-style-type: none">• Accumulates total distance from 0.00 up to 99.99 KM or ML. The user may preset target distance data by using UP/DOWN button.• Each preset increment or decrement is 0.1KM or ML between 0.00 to 99.90.
CALORIES	<ul style="list-style-type: none">• Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	<ul style="list-style-type: none">• User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	<ul style="list-style-type: none">• Display current workout watts. Display range 0~999.
MANUAL	<ul style="list-style-type: none">• Manual mode workout.
PROGRAM	<ul style="list-style-type: none">• 12 PROGRAM selection.
USER PROGRAM	<ul style="list-style-type: none">• User creates resistance level profile.
H.R.C	<ul style="list-style-type: none">• Target HR training mode.
WATT PROGRAM	<ul style="list-style-type: none">• WATT constant training mode.

KEY FUNCTION

Up (Encoder)	<ul style="list-style-type: none"> • Increase resistance level • Setting selection.
Down (Encoder)	<ul style="list-style-type: none"> • Decrease resistance level • Setting selection.
Mode / Enter	<ul style="list-style-type: none"> • Confirm setting or selection.
Reset	<ul style="list-style-type: none"> • Press and hold for 2 seconds, computer will reboot and start from user setting. • Reverse to main menu during preset workout value or stop mode.
Start / Stop	<ul style="list-style-type: none"> • Start or Stop workout.
Recovery	<ul style="list-style-type: none"> • Test heart rate recovery status.
Body Fat	<ul style="list-style-type: none"> • In stop mode, press it for body fat measurement.

OPERATION PROCEDURE



POWER ON

Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).

Then enter into User data setting. Use UP or DOWN (Encoder) to select U1~U4, then set SEX, AGE, HEIGHT (Drawing 2), WEIGHT and confirm by pressing MODE / ENTER key. When finishing user data profile, Console come to main menu (Drawing 3).

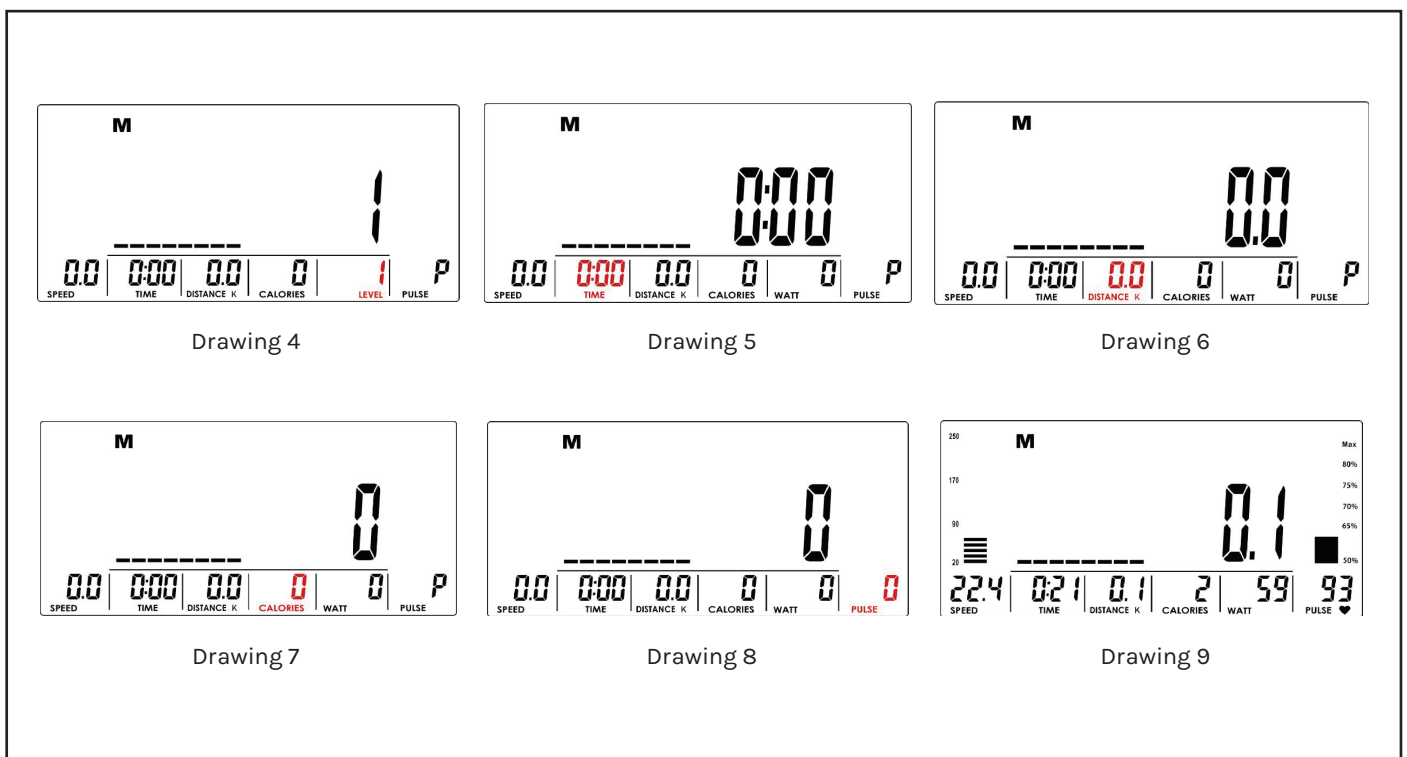
WORKOUT SELECTION

Use UP or DOWN (Encoder) to select workout : M(Manual) → P(Program 1-12) → ♥(H.R.C) → W(WATTS) → U(User), press MODE / ENTER to get into

MANUAL MODE

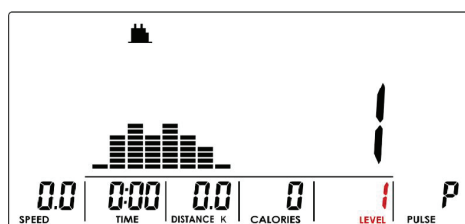
Press START in main menu may start workout in manual mode directly.

1. Use UP or DOWN (Encoder) to select workout program, choose M and press MODE / ENTER to confirm.
2. Use UP or DOWN (Encoder) to adjust load level (Drawing 4), preset value 1.
3. Use UP or DOWN (Encoder) to set TIME (Drawing 5), DISTANCE (Drawing 6), CALORIES (Drawing 7), PULSE (Drawing 8) and press MODE / ENTER to confirm.
4. Press START/STOP key to start workout. During workout, user can also adjust load level by using UP or DOWN (Encoder). Load level display in WATT window, no adjusting for 3s, it will switch to display WATT (Drawing 9).
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



PROGRAM MODE

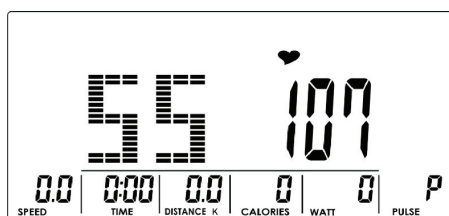
1. Use UP or DOWN (Encoder) to select workout Program, choose P01 ,P02,P03,...P12. and press MODE / ENTER to confirm.
2. Use UP or DOWN (Encoder) to adjust load level (Drawing 10), preset value 1.
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. During workout, user can also adjust load level by using UP or DOWN (Encoder).
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 10

H.R.C MODE

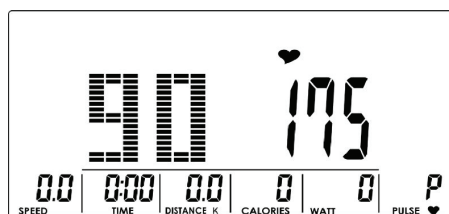
1. Use UP or DOWN (Encoder) to select workout program, choose ♥ (H.R.C) and press MODE / ENTER to confirm.
2. Use UP or DOWN (Encoder) to select 55% (Drawing 11), 75% (Drawing 12), 90% (Drawing 13) or TAG (TARGET H.R., default: 100) (Drawing 14). When select TAG, use UP or DOWN (Encoder) to set value 30~230.
3. Use UP or DOWN (Encoder) to set workout TIME.
4. Press START/STOP key to start or stop workout. Press RESET to reverse to main menu.



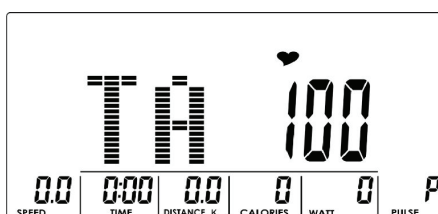
Drawing 11



Drawing 12



Drawing 13



Drawing 14

WATT MODE

1. Use UP or DOWN (Encoder) to select workout program, choose **W** and press MODE / ENTER to confirm.
2. Use UP or DOWN (Encoder) to set WATT target. (default: 120, Drawing 15).
3. Use UP or DOWN (Encoder) to set TIME.
4. Press START/STOP key to start workout. During workout, system will adjust load level automatically based on user training status. User can use UP or DOWN (Encoder) to adjust Watt level.
5. Press START/STOP key to pause workout. Press RESET to reverse to main menu.



Drawing 15

RECOVERY

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 17). Screen will display your heart rate recovery status with the F1, F2...to F6 (Drawing 18). F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY key again to return the main display.)



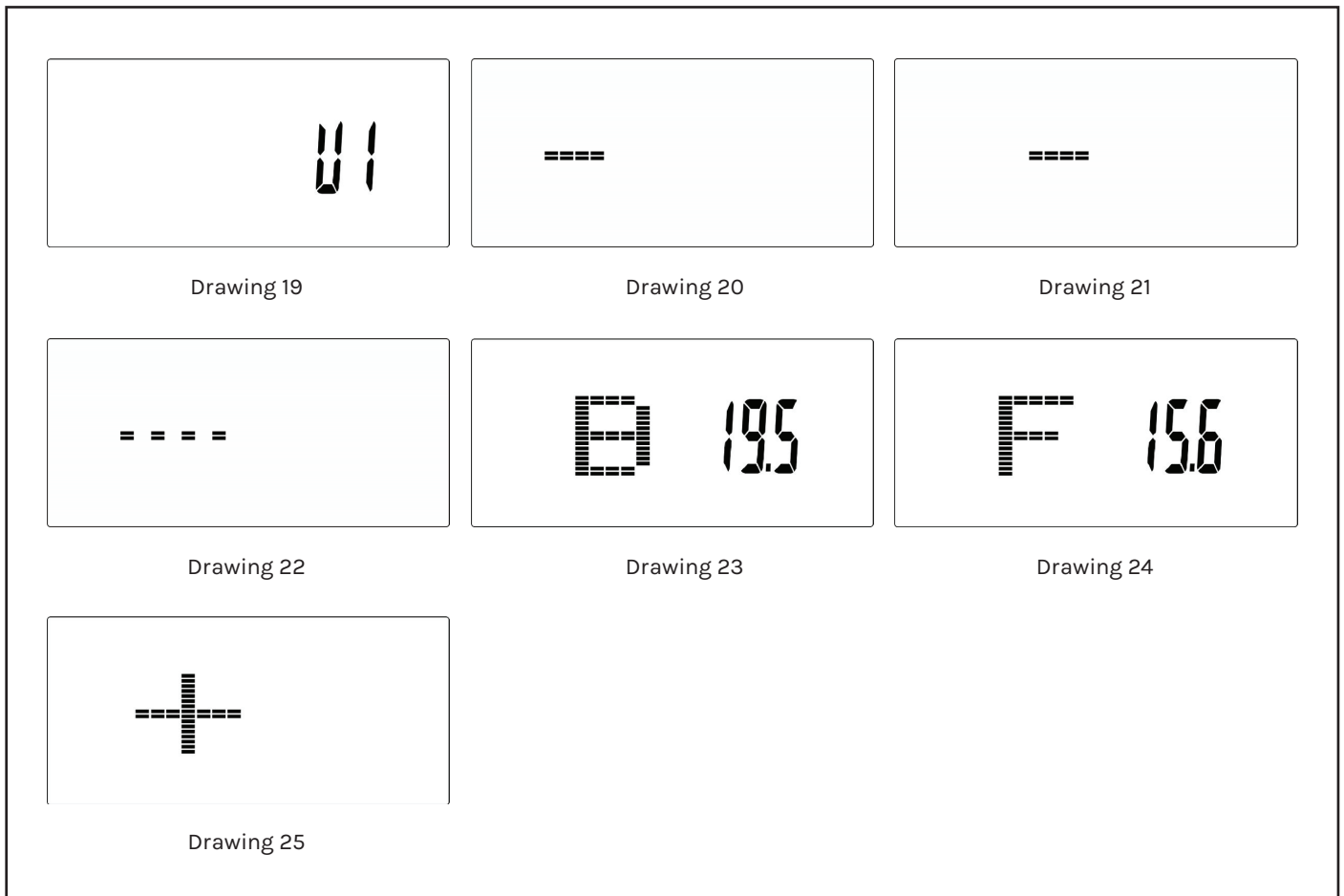
Drawing 17



Drawing 18

BODY FAT

1. In STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will display UX (Drawing 19) and start measuring (Drawing 20~21).
3. During measuring, users have to hold both hands on the hand grips. When console detect the pulse, LCD display as (Drawing 22) for 8 seconds until computer finish measuring.
4. LCD will display BMI (Drawing 23), FAT % (Drawing 24) and BODY FAT advice symbol (Drawing 25).
5. Error message:
 - *The LCD displays "----", "----" - means not hand the grip correctly.
 - *E-1-There is no heart rate signal input detected.
 - *E-4-Occurs when FAT% and BMI result is below 5 or exceeds 50.



! NOTE:

1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

VIII. EXERCISE GUIDE

! PLEASE NOTE:

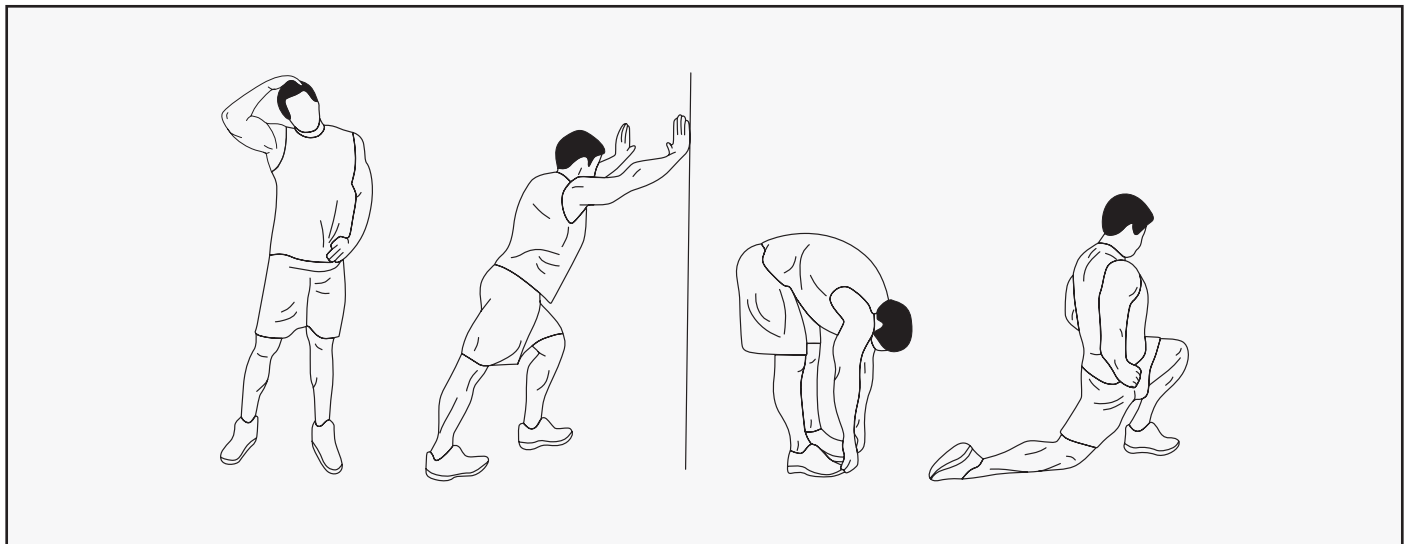
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

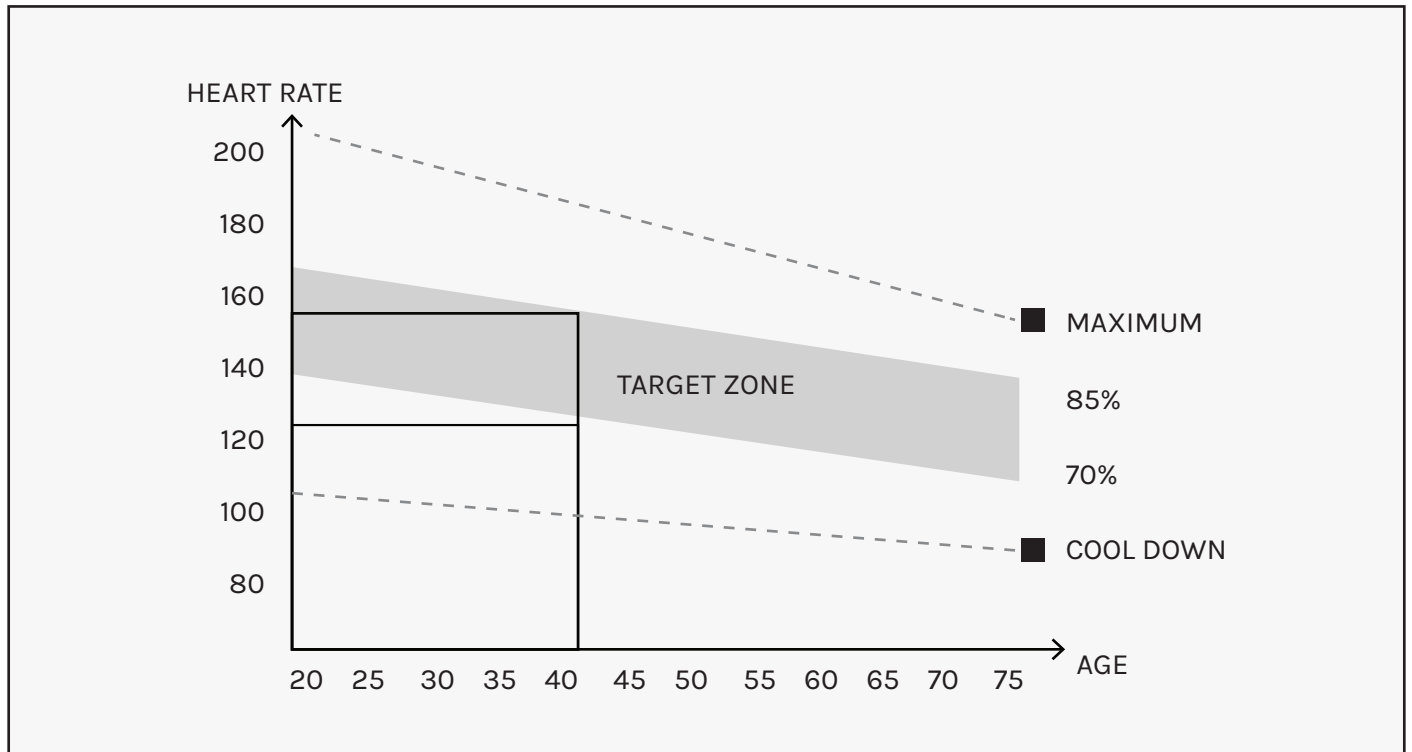
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

IX. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:
<http://www.lifespanfitness.com.au/warranty-repairs>

WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to lifespanfitness.com.au/warranty-form





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